## Role Description: Support Volunteer

**Responsible to:** Growing People Coordinator

**Time commitment:** Our therapy sessions are on weekdays 9.30 – 12.30pm and 1.00 – 4.00pm, we ask volunteers to attend the whole of the session. Vacancies may vary across the week.

**Location:** Letchworth

**Who we are:**

Hertfordshire Mind Network deliver essential mental health support in Hertfordshire, providing a diverse range of services from our eight centres and other locations across the county.

Funded locally, our services are available to all residents in Hertfordshire over the age of 18 and we offer separate services for 5-18 year olds.

We help individuals experiencing mental ill health to make choices, find their solutions, build resilience and manage their wellbeing. We offer opportunities for individuals to get support to allow them to recover from or live with mental ill health.

**Purpose of role:**

We are seeking Support Volunteers for our “Growing People” service at the Sadie Centre in Letchworth. This service offers therapeutic horticultural therapy sessions to adult for their mental health and wellbeing.

This is a vital role in the delivery of our Social and Therapeutic Horticulture sessions. Our therapists work closely with support volunteers who enable them to provide effective therapy for groups of up to 8 gardeners (clients).

**Main tasks:**

* Supporting the therapist in overseeing the therapy session.
* Supporting gardeners to carry out a wide range of garden activities.
* Overseeing the work of small groups of gardeners when required.
* Supporting gardeners within social situations, helping them to feel comfortable when talking one to one or in a group.
* Taking responsibility for specific day to day tasks to help to maintain the smooth running of the project.
* Taking on other tasks – such as craft activities.

**What we are looking for:**

* Good interpersonal skills – you must enjoy the company of people from all backgrounds, ages and with a variety of interests.
* Have an awareness of and commitment to working with people with a mental health issue
* Reliability and punctuality
* Committed to work as part of a team.
* Willing to help with general housekeeping duties e.g. making tea, tidying, cleaning.
* Empathy and good listening skills
* Flexible, positive approach
* Proactive in promoting and maintaining an inclusive environment.
* Ability to maintain interpersonal boundaries
* Ability to work safely with due consideration for themselves and others.

**What we can offer you:**

* The horticultural therapist running the session when you volunteer is your supervisor and will support you.
* Reasonable agreed travel expenses may be reimbursed.
* Training is provided.
* Being part of a team.
* Volunteers are covered on our insurance.
* Opportunity to refresh and develop skills that may be useful in the workplace and elsewhere.
* Enjoyment and satisfaction of helping individuals on their road to recovery.
* Pride and satisfaction from being part of the Growing People team.
* Opportunity to work in pleasant garden setting.

The opportunity to contribute their own skills and experience to make a difference to others.

You will need to supply us with the names of 2 people who we can approach for references. As you will be working with vulnerable adults you will need an enhanced DBS check.

**Next steps:**

If you are interested, please complete our application form and state your interest in this role http://www.hertfordshiremind.org/join-us/volunteering/ or contact 0203 727 3600.